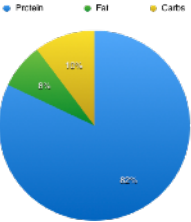
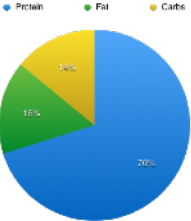
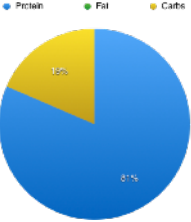
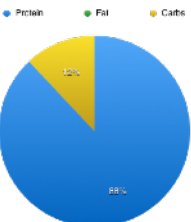


Quest for the Best - Whey Protein

	Taste	Mixability	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<u>Jamie Eason Signature Series Whey Protein Isolate - Chocolate</u>	10 Just the right sweetness and level of chocolate flavor.	10 Perfect.	<i>Per 42 g scoop:</i> 160 cals 25 g protein 3.5 g fat 8 g carbs (3 g sugar, 3 g fiber)	Cross-Flow Micro Ultrafiltered Whey Protein Isolate, Sunflower Oil, Dutched Cocoa, Inulin (Chicory Root), Organic Cane Sugar, Natural Flavors, Calcium Caseinate, Xanthan Gum, Sea Salt, Monkfruit Extract, Soy Lecithin	2 <i>flavors:</i> Chocolate Vanilla	\$39.99 / 30 scoops = \$1.33 per scoop	I personally love the flavor of this protein; it just tastes better than any of the other options on the list. The macros are a little higher and that’s pretty annoying but...I feel totally okay with the ingredients list. So for me, this protein is the exception to my rule about being willing to pay the pink tax. I buy it regularly.	
<u>Cellucor Cor-Performance Whey Protein - Molten Chocolate</u>	8.5 The chocolate flavor is great, but it’s a little on the sweet side for me.	10 Perfect mix-ability.	<i>Per 34 g scoop:</i> 130 cals 25 g protein 1.5 g fat 3 g carbs (1 g sugar)	COR-Performance™ Whey Protein Matrix (Whey Protein Isolate, Whey Protein Concentrate), Cocoa Powder (Processed With Alkali), Natural & Artificial Flavors, Cellulose Gum, Xanthan Gum, Salt, Protease, Acesulfame Potassium (Ace-K), Sucralose, Protease A-S, Lactase.	10+ <i>flavors:</i> Birthday Cake Chocolate Chip Cookie Dough Chocolate Peanut Butter Cinnamon Swirl Cookies & Cream Molten Chocolate Peanut Butter Marshmallow Strawberry Milkshake Whipped Vanilla	\$29.99 / 28 scoops = \$1.15 per scoop	Cellucor whey bakes well and you can really get creative with the variety of flavors available, most of which are really delicious. The downside for me is the sugar substitutes that are used.	
<u>BPI Sports Best Protein - Chocolate Brownie</u>	8.5 The chocolate flavor is deep and rich without being too sweet. Barely chalky aftertaste.	9 When I first tried this in a sample size, it mixed perfectly. When I bought a whole tub though, it was just a little gritty after shaking it up.	<i>Per 34 g scoop:</i> 120 cals 24 g protein 2 g fat 3 g carbs (2 g sugar)	Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Protein Hydrolysate), Cocoa Processed with Alkali, Natural and Artificial Flavors, Salt, Xanthan Gum, Sucralose, Soy or Sunflower Lecithin, and Lactase.	6 <i>flavors:</i> Chocolate Brownie Cookies & Cream S’mores Snickerdoodle Strawberries & Cream Vanilla Swirl	\$31.99 / 28 scoops = \$1.14 / scoop	BPI scores high with its great taste, high protein content, variety of flavors and overall value. They nailed it with the level of sweetness for my taste.	
<u>Muscle Pharm Combat 100% Whey - Chocolate Milk</u>	8 The chocolate flavor is good but it’s a little too sweet for me.	10 Nice and smooth!	<i>Per 33 g scoop:</i> 130 cals 25 g protein 1.5 g fat 3 g carbs (1 g sugar, 1 g fiber)	Whey Protein Isolate, Whey Protein Concentrate, Cocoa Powder, Natural and Artificial Flavors, Cellulose Gum, Guar Gum, Xanthan Gum, Sucralose, Acesulfame Potassium, Soy Lecithin	5 <i>flavors:</i> Cappuccino Chocolate Milk Cookies and Cream Strawberry Vanilla	\$32.99 / 29 scoops = \$1.14 per scoop	It can be tough to find a whey protein powder that’s more than 80% protein per scoop, but Muscle Pharm does it and still manages to make it taste pretty good.	
<u>Jay Robb’s Whey Protein - Chocolate</u>	6 The chocolate flavor is not distinct and it’s not sweet enough for me.	8 Still a big gritty after shaking it up.	<i>Per 30 g scoop:</i> 110 cals 25 g protein 0 g fat 1 g carbs (0 g sugar)	Whey Protein Isolate, Natural Flavor, Xanthan Gum, Lecithin, Stevia	5 <i>flavors:</i> Chocolate Pina Colada Strawberry Tropical Dreamsicle Vanilla	\$39.99 / 23 scoops = \$1.74 per scoop	Jay Robb’s website claims that “Only cold-processed cross-flow microfiltered whey protein isolate is used as the protein source and this material comes from farm-raised, pasture-grazed, grass-fed cows not treated with the synthetic bovine growth hormone rBGH*.” It goes on to say that it’s hard to source affordable grass fed whey all the time so they just substitute regular whey when they can’t get the grass fed kind.	

Quest for the Best - Whey Protein

	Taste	Mixability	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<u>Optimum Nutrition Gold Standard 100% Whey - Double Rich Chocolate</u>	5.5 Not sweet enough and has a chalky aftertaste.	9 Pretty good mixability, but a little gritty after shaking up.	<i>Per 30 g scoop:</i> 120 cals 24 g protein 1 g fat 3 g carbs (1 g sugar)	Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavors, Cocoa (Processed With Alkali), Lecithin, Salt, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Acesulfame Potassium, Sucralose, Lactase.	<i>15 flavors:</i> Banana Cream Cake Batter Chocolate Coconut Chocolate Mint Coffee Cookies & Cream Delicious Strawberry Double Rich Chocolate Extreme Milk Chocolate French Vanilla Creme Mocha Cappuccino Rocky Road Strawberry Banana Vanilla Ice Cream White Chocolate	\$29.98 / 29 scoops = \$1.03 per scoop	The chocolate flavor is not great on this one, plus I’m not a fan of the sugar substitutes used.	
<u>RSP Nutrition Whey Protein - Chocolate</u>	8.5 The chocolate tastes like chocolate plus something tasty...I can’t quite put my finger on it. Maybe a hint of caramel?	9	<i>Per 35 g scoop:</i> 130 cals 25 g protein 2.5 g fat 5 g carbs (3 g sugar)	Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Whey Protein Hydrolysate, Whey Protein Isolate), Alkalized Cocoa Powder, Natural and Artificial Flavor, Polydextrose, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Papain, Protease.	<i>3 flavors:</i> Chocolate Cookies & Cream Vanilla	\$49.97 / 51 scoops = \$0.98 per scoop	This company used to offer a 2 lb tub, but all I can find now is the 4 lb tub.	
<u>Quest Protein Powder – Chocolate Milkshake</u>	7.5 I didn’t think the chocolate flavor was very distinct.	8 Mixes thick and gets a little frothy.	<i>Per 31 g scoop:</i> 110 cals 22 g protein 0 g fat 5 g carbs (4 g fiber, 1 g sugar)	Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate), Cocoa, Natural Flavors, Contains less than 2% of the following: Sunflower Lecithin, Xanthan Gum, Cellulose Gum, Steviol Glycosides (Stevia), Salt, Sucralose.	<i>5 flavors:</i> Chocolate Milkshake Cinnamon Crunch Peanut Butter Strawberries and Cream Vanilla Milkshake	\$29.99 / 29 scoops = \$1.03	Quest also makes a <u>multi-purpose protein powder</u> just for baking so you can avoid tainting the flavor of your treats with too much vanilla from protein powder.	
<u>Legion Whey+ Protein Powder - Chocolate</u>	5.5 The chocolate flavor is pretty much absent, the powder is just sweet.	9	<i>Per 29 g scoop:</i> 100 cals 22 g protein 0 g fat 3 g carbs (1 g fiber, 0 g sugar)	Non-GMO Whey Protein Isolate, Non-GMO Maltodextrin, Cocoa Bean Powder, Natural Flavors, Xanthan Gum, Stevia rebaudiana Leaf Extract, Salt, Tapioca Starch	<i>6 flavors:</i> Chocolate Chocolate Peanut Butter Cookies & Cream Strawberry Banana Unflavored Vanilla	\$40.00 / 30 scoops = \$1.33 per scoop	The description on the website says that this whey comes from grass-fed cows in Ireland, but I’m surprised that they don’t clearly advertise that fact on their tubs.	
<u>PEScience Select Protein - Chocolate Peanut Butter Cup</u>	7 Overly sweet.	6 This one was still quite gritty after using a shaker bottle.	<i>Per 32.5 g scoop:</i> 120 cals 23 g protein 1 g fat 4 g carbs (3 g sugar, 1 g fiber)	Ultra Premium Protein Blend (Milk Protein Isolate, [comprised of casein protein, and whey protein], Whey Protein Concentrate 80%, Leucine Peptides), Natural And Artificial Flavors, Sodium Chloride, Potassium Chloride, Cocoa Powder, Guar Gum, Sucralose, Acesulfame Potassium	<i>6 flavors:</i> Amazing Blondie Chocolate Peanut Butter Cup Cookies & Cream Frosted Chocolate Cupcake Gourmet Vanilla Snickerdoodle	\$32.99 / 27 scoops = \$1.22 per scoop	I really wanted to love this one because just look at the names of those flavors! Sounds amazing, but the overwhelming sweetness was just too much for me.	